



CITY OF EL MONTE  
Parks, Recreation & Community Services Department

# 2013 JUNIOR LIFEGUARD PROGRAM

El Monte Aquatic Center  
11001 Mildred Street  
El Monte, CA 91731  
(626) 580-2213



Designed for youth ages 10 to 15,  
**American Red Cross GuardStart: Lifeguarding**

Tomorrow™ provides a foundation of lifeguarding and life skills. For youth with swimming skills, this program makes an ideal transition between Red Cross Learn- to-Swim and the Lifeguard Training Course.

**GuardStart focuses on five key areas:**

- Prevention of aquatic accidents
- Fitness and swimming skills
- Response in an emergency
- Leadership skills
- Professionalism as a lifeguard

**YOUTH** - July 8 – August 1, 2013 (Monday-Thursday)  
From 11:30 a.m. - 1:30 p.m. (10 – 12 year olds)

**TEEN** - July 8 – August 1, 2013 (Monday-Thursday)  
From 2:30 p.m. - 4:30 p.m. (13 – 15 year olds)

**Fee:** **\$175.00** Includes instruction, class materials, program t-shirt, shorts, backpack, and Field Trips. Also includes transportation and field trip meal.

**To Register:** Complete application form and submit it along with program fee and permissions slip to the El Monte Aquatic Center. Space is limited. Candidates should be able to swim 50 yards, tread water for 1 minute and swim under water for 10 yards. A skills pretest will be held on **Wednesday, June 26, 2013 at 6:00 p.m.** at pool for all candidates.